

## BRAIN PROTOCOL

*A step-by-step gradual process for return to play*

**No**  
RESTRICTIONS

### BIKE

Increase heart rate with sustained effort while keeping the head as still as possible.

### RUN

Adds simple, repetitive movement.

### AGILITY

Adds more explosive movement and asks the brain to do more complex function.

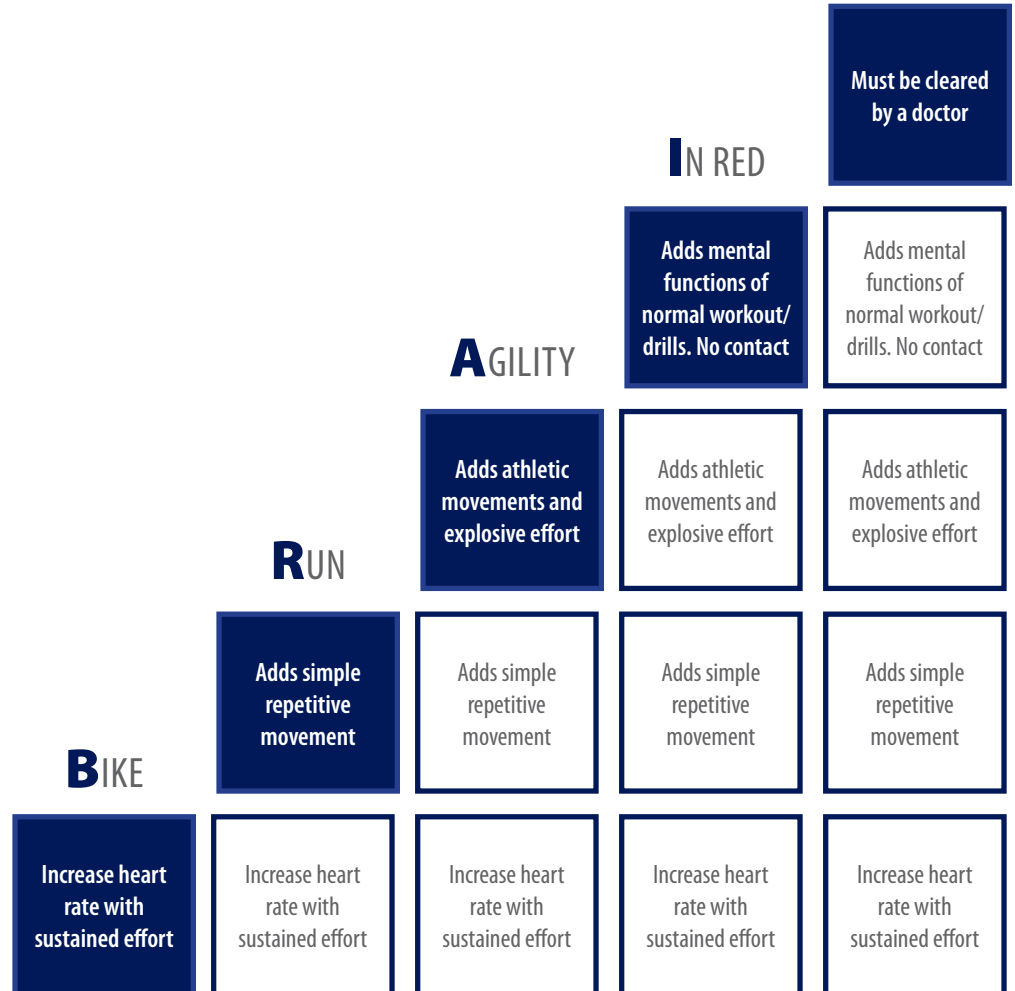
### IN RED

Adds usual drills and workout while avoiding all physical contact.

("In Red" refers to the red jersey players wear to signify that they are NOT to be hit.)

### NO RESTRICTIONS

A doctor must clear the athlete before this step.



- An athlete **cannot start** the protocol until there are no remaining symptoms.
- Athletes 18 years old or younger **must wait at least 24 hours between each step**, without symptoms.
- If the **symptoms return, the protocol MUST stop**. Once ALL symptoms are gone again, the process restarts by repeating the last step completed before symptoms returned.